

Being present in the moment, with your child

Being in the here and now with your child allows you to be available to them. This will let you to simply be with your child, with a quiet mind

Here are a few exercises to try:

1. Enjoy the sound of their laughter, the smell of their hair or milky breath.
2. Laugh at the chaos of toys all over the floor....It's a beautiful sort of mess, and soon enough those toys will be gone!
3. Blow bubbles with your baby.... Chase falling leaves in the park...sing... read a book together.
4. Mindful breathing: focus on breathing in the positive and breathing out the negative. Some people view their positive "in" breathes as a green light and their negative out breaths as a red light.
5. If you hit a tough memory from your own childhood, focus on the parent you want to be now. See how your baby is inviting you to become that parent.
6. In your mind, wrap their challenging behaviour up in a bow and see it as an invitation from them to you, to grow.
7. Have mini-rests when you need to.... close your eyes, and just exhale deeply...
8. Delight in their little achievements – holding a spoon, or drinking from a cup
9. Know that you are the most important person in your child's life... and enjoy that amazing privilege.

